



*Friendship Heights*

# VILLAGE NEWS

FEBRUARY 2018 VOLUME 34, NO. 2 [www.friendshipheightsmd.gov](http://www.friendshipheightsmd.gov) 301-656-2797



**A Jewish Life,**  
page 4



## A moonlight tour of the monuments

The monuments of our nation's capital are beautiful by day, but take on a magic all their own in the moonlight. Join us as we view some of the best known sights of Washington, D.C., on **Tuesday, March 20.**

During this mostly driving tour with our guide Betsy Thompson, we'll visit the Jefferson Memorial, the FDR and Martin Luther King Jr. memorials, the Lincoln and the Korean War memorials, and the

World War II Memorial. Weather permitting, we'll step off at select sites. We'll also see the Capitol and the Smithsonian Castle.

The cost is \$43, which includes driving tour and driver gratuity. We will depart from the Village Center at 6 p.m. and should return by 9:30 p.m.

Sign up immediately at the Village Center. There are 29 spaces available. The deadline to register for this trip is March 12.

## Take a 3-D tour of the tomb of Christ at the National Geographic Museum

Be virtually transported to Jerusalem and discover the fascinating history of the Church of the Holy Sepulchre when we visit the National Geographic Museum on **Monday, Feb. 26.** In this 3-D immersive visit, you can virtually walk inside the rotunda of the



**Continued on page 5, see Museum**



## Time to sign up for our children's summer art camp

Put a little art in your children's summer plans.

Our weeklong art camp for children returns **Monday, June 18 through Friday, June 22.**

Run by our curator Millie Shott, the camp offers children ages 6 to 12 a fun way to tap into their individual creative genius.

The annual camp is unique among art camps in that participants create fine arts projects that are tailored for little hands.

Children will complete a variety of art projects, ranging from painting to pottery, to printmaking and jewelry. The camp takes place from 9:30 a.m. to 1 p.m. daily at the Village Center.

Children must have completed kindergarten to qualify. The cost is \$250 per child. Sign up before April 1 and pay only \$225 per child.

Please come in person to the Village Center to ensure a space; this camp will fill up quickly.

**Mardi Gras concert, page 4**



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*Friendship Heights*

**VILLAGE NEWS**

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**Email: [info@friendshipheightsmd.gov](mailto:info@friendshipheightsmd.gov)**

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

**ADVERTISING**

The deadline for reserving space for the March issue is Feb. 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Julian P. Mansfield**

# Village Council Update

## Village to host candidates' forums

2018 is an important election year in Montgomery County and statewide. County Executive Isiah Leggett is term-limited, as is our County Council District 1 representative



Lou Peck

Roger Berliner. Numerous candidates have filed to run for these and other open seats.

The Village will be hosting two candidates' forums (dates to be determined) in the spring before the primary election on June 26. One forum will be for the County Council District 1 candidates (the district that represents the Village), and the other will be for the

County Executive candidates.

Lou Peck of Bethesda Magazine has agreed to serve as moderator for both forums. Mr. Peck did a nice job with the U.S. Senate candidates forum that we hosted in October 2016.

Watch for updated announcements in our newsletter when the events have been scheduled.

## Please remember Friendship Heights!

Our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2019 Proposed Budget contained in the Council's 2017 Annual Report, goes directly into services benefit-

ing Village residents. Take special care to mark your tax return as shown below.

**Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights!** By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to us.

## Shredding truck returns April 18

A shredding truck will return to the Village on

**Wednesday, April 18, from 5 to 7 p.m.**

The truck will park on Friendship Boulevard by the Center entrance. Residents are invited to use this free service.



## Mobile commuter store in the Village

The Montgomery County Department of Transportation's new mobile commuter store comes to the Village periodically. The schedule is still in flux, so check the website, [www.montgomerycountymd.gov/dot-dir/commuter/trips/index.html](http://www.montgomerycountymd.gov/dot-dir/commuter/trips/index.html), or call 240-773-8747 for the latest information.

Actions taken at the January 8 Council meeting:

- Introduced draft budget for Fiscal Year 2019;
- Reviewed Council testimony on proposed County Bicycle Master Plan.

*The next Council meeting, open to the public, will be Monday, February 12, at 7:30 p.m., and will include a public hearing on the proposed FY 2019 Village budget.*

**MARYLAND FORM 502 RESIDENT INCOME TAX RETURN** 2017

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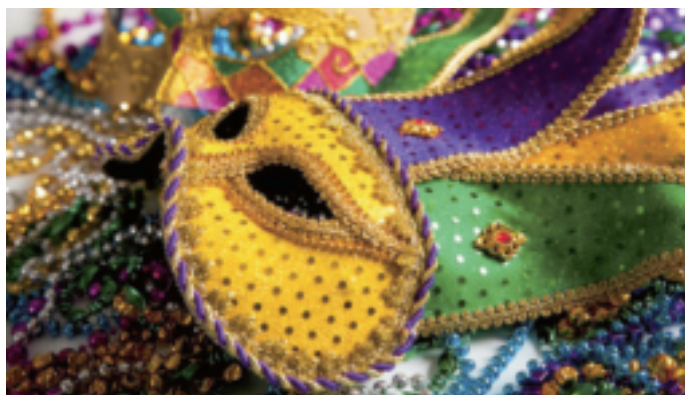
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*When you file your Maryland income tax return, please remember to put Friendship Heights under "City or Town" to ensure the Village receives our share of the state income tax.*





## Tea and Talk: Eddie Cantor, a Jewish life

Author David Weinstein will present a multi-media program on Eddie Cantor, the extremely popular performer from the 1920s through the 1950s, at the Village Center on **Wednesday, Feb. 21, at 2 p.m.**

In addition to being a star of vaudeville, Broadway, radio, movies and television, Mr. Cantor was a philanthropist and anti-Nazi activist. Dr. Weinstein's book, "The Eddie Cantor Story: A Jewish Life in Performance and Politics," was published in December as part of the Brandeis University Press Series in American Jewish History. The book is the first scholarly biography of Eddie Cantor and highlights his influence on American Jewish social and political history through his celebrity activism, including his courageous campaign against Nazism during the 1930s.

The presentation features many rare photos, songs, and film clips. Dr. Weinstein is also the author of "The Forgotten Network: DuMont and the Birth of American Television." He is a senior program officer in the Division of Public Programs at the National Endowment for the Humanities.

Copies of the book will be available for sale for \$20. After the program, please stay for tea. Let us know you are coming by calling 301-656-2797.

## Celebrating Mardi Gras with the Dixie Power Trio

Start celebrating Mardi Gras a little early this year in Friendship Heights with a free concert by the Dixie Power Trio on **Sunday, Feb. 11, from 6:30 to 8 p.m.** We'll also have light refreshments, crafts for children, and in true New Orleans fashion, a little something extra for one lucky person.

As a "lagniappe," or little something extra, all attendees will be eligible for a drawing for a \$50 gift certificate to Clyde's.


This family-friendly event features a rousing performance by the Dixie Power Trio, a four-piece group dedicated to the music and sounds of Louisiana. Formed in 1992, the band is led by tuba/bassist Andy Kochenour and cornet/accordionist Zack Smith. The group plays a gumbo of different styles including zydeco, Cajun, New Orleans jazz, funk, street parade, and rock. The songs are a mix of Louisiana-flavored originals and covers—all with a unique, happy-go-lucky attitude. The band's music has been featured on NPR's "All Things Considered" and on several WB television shows.

Over the past few years the DPT has shared the concert stage with many Louisiana music luminaries including Wynton Marsalis, the Neville Brothers, and Beausoleil.

We'll also have craft items available for children to make masks.

The event is free, but please call us at 301-656-2797 if you plan to attend.

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# ON THE GO...

## Museum, continued from page 1

church and learn about its storied history.

You can also view the newly revealed cave walls that haven't been seen in centuries. Built in the fourth century, the tomb of Christ or the Holy Edicule, has just undergone a historic restoration.

Following our visit to the tomb exhibit, you'll have time to check out "Day to Night: In the Field With Stephen Wilkes." In this special exhibition, iconic photographer Stephen Wilkes documented four ancient bird migrations across the globe—from the majestic flamingos in Kenya to the elegant sandhill cranes in Nebraska's Platte River.



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Then enjoy lunch on your own in the museum's cafe before we return to the Village Center.

We'll depart from the Village Center at 9:30 a.m. We should be back in Friendship Heights by 1:30 p.m.

The cost, which includes round-trip transportation, admission to the museum and the exhibits, and all taxes and gratuities, is \$45.

Sign up immediately at the Village Center. There are 29 spaces available.



## Free glaucoma screenings at the Center

More than three million people in the U. S. have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called "the sneak thief of sight" since there are no symptoms. Once vision is lost, it's permanent; as much as 40% of vision can be lost without a person noticing.

Friendship Heights Village and the Prevention of Blindness Society of Metropolitan Washington invite you to sign up for a free glaucoma screening on **Thursday, March 15, from 11 a.m. to 2 p.m.**

The 10-minute, non-invasive visual field screening, designed to assess an individual's peripheral vision, is not the "puff" test which measures eye pressure. It may be taken with eyeglasses or contact lenses, and results are explained to you immediately after completing the screening.

Call the Center at 301-656-2797 to make an appointment.



# PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

**Thursday, Feb. 1, 7 p.m. — “The Mountain Between Us”**— Stranded on a mountain after a tragic plane crash, two strangers must work together to endure the extreme elements of the remote, snow-covered terrain. Realizing that help is not on the way, they embark on a perilous journey across hundreds of miles of wilderness, pushing each other to survive and discovering their inner strength. Stars Idris Elba and Kate Winslet. Rated PG-13. Running Time: 112 minutes.

**Thursday, Feb. 8, 7 p.m. “Thank You for Your Service”**— Sgt. Adam Schumann tries to readjust to civilian life after returning home from the war in Iraq. Fellow soldier Tausolo Aeiti must deal with the aftermath of a bombing that left him with a traumatic brain injury. Will Waller searches for normalcy after surviving several explosions, while Michael Emory must deal with the effects of a sniper’s bullet to the head. With memories of the battlefield still lingering,

the soldiers soon begin their long journey to physical and emotional rehabilitation. Stars Miles Teller and Amy Schumer. Rated R. Running Time: 109 minutes.

**Thursday, Feb. 15, 7 p.m. — “Daughters of the Dust”** — Julie Dash’s “Daughters of the Dust” is a film of spellbinding visual beauty about the Gullah people living on the Sea Islands off the South Carolina / Georgia coast at the turn of the century. Stars Kaycee Moore and Cora Lee Day. Rated PG. Running Time: 113 minutes.

**Thursday, Feb. 22, 7 p.m. — “Wonder”**— Based on the New York Times bestseller, “Wonder” tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters fifth grade, attending a mainstream elementary school for the first time. Stars Jacob Tremblay, Julia Roberts and Owen Wilson. Rated PG. Running Time: 113 minutes.

## Our Listings in the Friendship Heights Community

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\$2,249,000: 2 BR + Den, 2.5 BA,  
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5600 Wisconsin Ave. #906  
\$1,649,000: 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 2,278 SqFt

5600 Wisconsin Ave. #1101  
\$1,125,000: 2 BR, 2 BA,  
Views, Balcony; 1,593 SqFt

5610 Wisconsin Ave. #1003  
\$2,595,000: 2 BR + Den, 2.5 BA,  
Renovated, Balcony; 3,021 SqFt

5610 Wisconsin Ave. #1503  
\$2,125,000: 3 BR, 2.5 BA,  
2 Balconies; 3,021 SqFt

5610 Wisconsin Ave. #1609  
\$2,050,000: 3 BR, 2.5 BA,  
2 Balconies; 3,021 SqFt

4301 Military Road NW #202  
\$1,395,000: 2 BR + Den, 2.5 BA,  
Corner unit; 1,906 SqFt

### FOR RENT

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# ART and CULTURE



"Ancient African Tapestry" by Llewellyn Berry



"Peace" by Nanno G. Lee

## This month in the Friendship Gallery

"Diasporan: The 2018 African American Exhibit at Friendship Gallery" will feature 30 artists of varying media including oils and acrylics, sculpture, printmaking, and, photography.

Curated by Llewellyn Berry, this group includes artists from many generations, countries in Africa as well as the Caribbean, and across the United States. Julette Day and Nanno G. Lee are former DC Public Schools art teachers, who continue to paint in their 90s. Percy Martin, Michael Syphax, Magruder Murray, Hubert Jackson, Carolyn Goodridge, Nanno Smith, Daniel Brooking, Jarvis Grant, Kenton Keith, and Leigh Mosley are among the well-known artists from the D.C., area. All are invited to meet the artists at a reception on **Sunday, Feb. 11, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from Feb. 5 to March 3. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room;

check with the front desk receptionist when you arrive. Please note that all sales of art are final.

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Friendship Heights  
Village Center



Calendar  
of Events 2018

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>6:15 p.m.: Depart for Theater J</b> <b>7 p.m.: Movie: The Mountain Between Us</b>	2 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	3 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
4 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	5 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge 1 p.m.: Strength Training	6 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	7 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>5:30 p.m.: Community Advisory Committee Mtg.</b>	8 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Thank You for Your Service</b>	9 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	10 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
11 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m. – 1:30 p.m.: Art Reception</b> <b>6:30 - 8 p.m.: Mardi Gras Concert</b>	12 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge 1 p.m.: Strength Training <b>7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING AND BUDGET HEARING</b>	13 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates Make-up Class	14 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>1 p.m.: Suburban Lecture: Am I Having a Heart Attack?</b> <b>7:30 p.m.: Concert: Bea Gilbert</b>	15 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Daughters of the Dust</b>	16 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	17 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
18 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	19 <b>Presidents Day Center Open 9 a.m. to 2 p.m. shuttle bus runs on weekend schedule</b> 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books	20 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	21 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group <b>2 p.m.: Tea and Talk: David Weinstein and The Eddie Cantor Story</b>	22 8:15 a.m.: Walking Club 10 a.m.: Seated Yoga 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life and Beyond <b>7 p.m.: Movie: Wonder</b>	23 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting	24 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography
25 9:10 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	26 9:30 a.m.: Tai Chi Intro. <b>9:30 a.m.: Depart for Nat Geo Museum</b> <b>10 a.m. — 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books <b>12 p.m.: Vision Support Lunch</b> 12:30 p.m.: Bridge 1 p.m.: Strength Training <b>7 p.m.: Café Muse</b>	27 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 6:30 p.m.: Pilates	28 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.: Yiddish 12 p.m.: Chess Group 1 p.m.: All in the Eyes <b>7:30 p.m.: Concert: Rock Creek</b>	The Village Book Club will meet on <b>Tuesday, Feb. 20, at 11 a.m.</b> The book selection is “A Gentleman in Moscow” by Amor Towles. Look for a copy in the Center Reading Room in the “Village Book Club Selections” bookcase.		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m

New life for your eyeglasses

Do you have old eyeglasses that you no longer wear? Consider donating them. Each month, the Leisure World Lions Club picks up eyeglasses and frames from the Village Center. The glasses are then disinfected and distributed to the underprivileged, particularly in developing countries.





# CLASSES AND CLUBS

**PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.**

**All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.**

## ART

### ABSTRACT PAINTING

A 10-week course taught by Joan Samworth, Fridays, 1 to 4 p.m., March 9 – May 18. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$200 for residents; \$215 for nonresidents. Class will not meet May 4.

### ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., Feb. 28 – April 4. Ms. Winter, an award-winning artist, photographer and book illustrator, brings a unique and dynamic method of teaching portraiture to her students at the Center. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

### BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., March 24 – May 19, \$120. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred.

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See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Class will not meet March 31.

### BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., March 10 – April 21. \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must have a digital camera and a flash drive. Class will not meet March 31.

### STILL LIFE AND BEYOND

A 10-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., March 1 – May 10. \$200 for residents; \$215 for nonresidents. Maximum number is 14. Participants will provide their own subject matter. Please bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Joan will present various materials, techniques and ideas to inspire original work by each participant. Class will not meet May 3.

## EXERCISE

### BALANCE AND FALL PREVENTION

A 6-week class, Tuesdays, 1 to 1:50 p.m., March 6 – April 10. The class will focus on simple exercises that improve overall balance. \$70 for residents; \$75 for nonresidents.

Questions? Email instructor Tonya Walton at [staraka4u@gmail.com](mailto:staraka4u@gmail.com).

### BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Feb. 23 – April 6. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$70 for residents; \$75 for nonresidents. Class will not meet March 30.

### CHAIR EXERCISE

A 6-week class, Wednesdays, 11 to 11:50 a.m., March 7 – April 11. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (Introduction)

A 6-week class, Mondays, 9:30 to 10:30 a.m., Feb. 5 – March 12. *These dates will change due to cancellations last month. Check with instructor or front desk for new dates.* Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation, strength and relaxation. Maximum number is 20. \$70 for residents; \$75 for nonresidents.

### DC TAI CHI (Ongoing)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., Feb. 7 – March 14. *These dates will change due to cancellations*

*last month. Check with instructor or front desk for new dates.* Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. \$70 for residents; \$75 for nonresidents.

### **MAT PILATES**

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., Feb. 20 – April 3. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/ yoga mat and bath towel. Class will not meet March 13.

### **SEATED YOGA AND MEDITATION**

A 6-week session, Thursdays, 10 to 11:15 a.m., Feb. 22 – March 29. Students are seated in chairs or use chairs for support. The class includes stretching, gentle breathing, and guided meditation proven beneficial to the immune system. Instructor Louisa Klein brings more than 40 years teaching experience. She is a member of the International Yoga Teachers Association (IYTA)

and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

### **STRENGTH TRAINING**

A 6-week class, Mondays, 1 to 1:50 p.m., March 12 – April 16. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$70 for residents; \$75 for nonresidents.

## **ONGOING GROUPS**

### **BLOOD PRESSURE SCREENING/SUBURBAN NURSE**

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse also conducts consultations Tuesdays from 2 to 4 p.m.

### **CHESS**

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for more information.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

## **GREAT BOOKS GROUP**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

## **HEALTH INSURANCE COUNSELING**

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at 301-255-4250. The free service provides Medicare beneficiaries of any age information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

## **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

## **TEA**

Village volunteers serve hot beverages, cookies, assorted pastries and fruit Tuesdays from 3 to 4 p.m.

## **VILLAGE BOOK CLUB**

The book club meets one Tuesday morning a month to discuss books chosen by the group. New members are welcome at any time.

## **VILLAGE BRIDGE CLUB**

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome; cards will be supplied.

**Continued on page 13, see Classes**

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# CONCERTS

During the months of January, February and March, concerts are held on the second and fourth and, if applicable, the fifth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.



**Wednesday, Feb. 14 — Bea Gilbert**—This special Valentine's Day concert will warm your heart with love songs from Italian-born Beatrice Gilbert. True to her cultural heritage, Ms. Gilbert specializes in

opera, particularly Puccini, but she also includes some Broadway and pop standards. She has sung leading operatic roles in "Gianni Schicchi," "Hansel and Gretel," and "Camelot." She has performed on "Christmas at the White House," and at Fulton Opera House and Johns Hopkins University.

**Wednesday, Feb. 28— Rock Creek**— Rock Creek plays a mix of folk, rock, jazz crossovers and pop hits from yesterday and today and features Ayanna Gallant, Ford Combs and Marsha Goodman-Wood.



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## TO YOUR HEALTH

### **Vision Support Lunch and Learn: *Understanding the emotional impact of vision loss***

If you are experiencing vision loss, it is important to know there are people like you and families like yours who have learned to cope with the changes that a new way of seeing can bring to their lives. Getting to that point isn't just a matter of mastering physical challenges. The first hurdle is emotional. In fact it is often on the emotional level that the impact of vision loss on individuals and families is felt most acutely.

Come and meet Nina Glasner, LCSW, at the Vision Support Group Lunch and Learn at the Village Center

on **Monday, Feb. 26, from 12 to 1 p.m. (new day and time!)**

Nina has been providing vision rehabilitation services for the aging population for almost 20 years. She received her degree as a Licensed Clinical Social Worker from Johns Hopkins and has maintained a continuous relationship with the university as a social work referral source for the Lions Low Vision and Rehabilitation Center at the Wilmer Eye Institute.

The Vision Support Group is facilitated by low vision advocate



Janet Morrison, a Village resident who has influenced the growth of vision rehabilitation information and services throughout the metropolitan area. You don't have to have poor sight to participate, but you do need to register for a light lunch by calling 301-656-2797.



### **Am I having a heart attack?**

If something went wrong with your heart, would you know it?

Is that upset stomach something you ate or something more serious? Not all heart problems come with clear warning signs. There is not always an alarming chest clutch followed by a fall to the floor like you see in movies. Some heart symptoms don't even happen in your chest, and it's not always easy

to tell what's going on.

Find out the warning signs of a possible heart attack. In honor of Heart Month, join Edward Levien of the B-CC Rescue Squad to learn lifesaving prevention strategies of heart attacks at this month's Suburban health lecture at the Village Center on **Wednesday, Feb. 14, at 1 p.m.**

Please call 301-656-2797 to let us know if you plan to attend.

### **Classes, continued from page 11**

#### **VILLAGE PLAY TIME**

Games, toys and play equipment will be set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caretaker or family member over age 13.

#### **VISION SUPPORT GROUP**

Meets once a month; check the calendar for day and time. Contact Janet Morrison, group facilitator, at 301-538-9358 for more information.

#### **WALKING CLUB**

Leaves the Center Tuesdays, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

#### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.



## Café Muse presents...

This month's Café Muse, on **Monday, Feb. 26**, will feature poets Danuta E. Kosk-Kosicka and Kurt Olsson.

Danuta E. Kosk-Kosicka is the author of "Oblige the Light," winner of the fifth Clarinda Harriss Poetry Prize, and "Face Half-Illuminated," a book of poems, translations, and prose. She is the editor of "Szkłana góra/Glass Mountain" featuring Lidia Kosk's poem in twenty-two languages and the translator for two books by Lidia Kosk. Her work has been published in the "Notre Dame Review," "Spillway," "Subtropics," and other magazines and anthologies, and she is the poetry translations editor of "Loch Raven Review," [danutakk.wordpress.com](http://danutakk.wordpress.com).

Kurt Olsson's most recent book of poems, "Burning Down Disneyland," was selected as the winner of the 2016 Barry Spacks Poetry Prize. His first collection, "What Kills What Kills Us," won the Gerald Cable Book Award. The book was subsequently awarded the Towson University Prize for Literature, given annually to the best book published the previous year by a Maryland writer, and was named Best Poetry Book of 2008 by Peace Corps Writers. His poems have appeared in many journals, including "Poetry," "FIELD," "The New Republic," "Southern Review," "Poet Lore," and

"Antioch Review."

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30 p.m. Attending poets are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m. Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization publishing contemporary poetry in artistic editions and sponsoring programs for more than 35 years.



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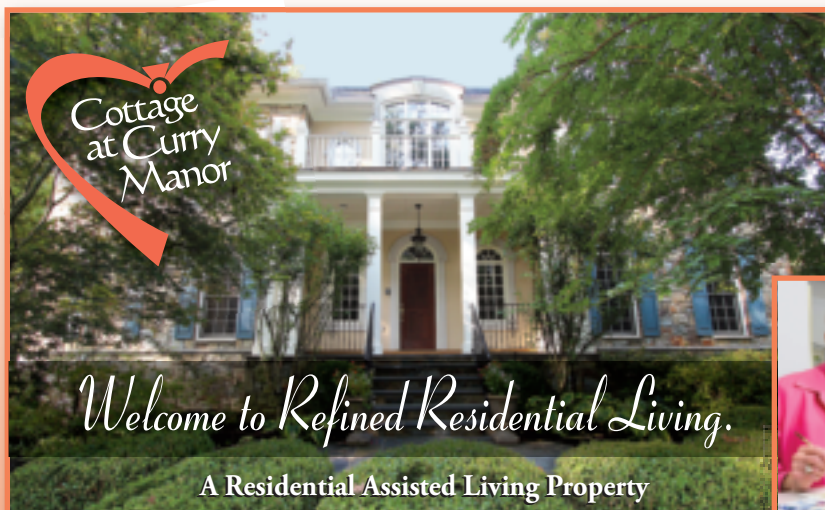


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*Friendship Heights*

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**February 2018 events calendar**